



City of Greenville's Aquatics and Fitness Center

Mixed Martial Arts Techniques

For ages 14 and up

Participants will learn a variety of techniques used in the combat sport of MMA: wrestling, boxing, kickboxing, karate & other striking & grappling styles

Registration:

Day of or in advance by contacting instructor, Jerome Nojima @ 814-6445

Class Dates & Time: Thursdays; 8:15 – 9 pm

Session 1: February 3 – March 24

Session 2: March 31 – May 26

Cost: \$75 per 8 week session

Mr. Nojima is a fourth degree black belt with over 20 years experience in teaching martial arts.

For more information, call 329-4041